

Supplementary Information 1 - Table S1

Study Demographics

First Author	Sample Size (IG; CG)	Age (years) Mean (SD) [†]	Female	Country of recruitment/ Ethnicity	Education	Employment	MS Subtype	Years Since Diagnosis Mean (SD)
Abulaban et al. [9]	200	18-30: 42.5% 30-45: 48.5% 45-55: 9%	66%	Saudi Arabia 100%/ (NS [‡])	< High school 9.5% High school 26% Diploma 12.5% Bachelor 51.5% PhD 0.5%	Student 7.5% Teacher 16% Health care provider 7% Engineer 4% Military 3.5% Unemployed 49.5% Retired 3% Other 9.5%	-	NS (NS)
Bichuetti et al. [37]	96	39.3 (11.9)	-	Brazil 100%/ (NS)	Mean years of schooling: 12.6 (SD = 3.0)	-	RRMS 100%	9.1 (6.8)
Bruce et al. [26]	290	49.3 (11.6)	80.3%	USA 100%/ Caucasian 86.9% African 8.6%	Bachelor's degree 31% Graduate-professional 21%	Full time employment 33% Unemployed 32.1%	RRMS 74.8% SPMS 16.9% PPMS 6.9% PRMS 1.4%	12 (NS)
Bruce et al. [27]	208	46 (10)	83.2%	USA 100%/ Caucasian 87% African American 7.7% Hispanic 2.4% Asian 0.5% NS 2.4%	College education 13.9% Bachelor's degree 29.3% Advanced degrees 21.2% Reported some college 20.7% High school education or less 14.9%	-	RRMS 100%	11 (8)

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Feicke et al. [31]	64 (33; 31)	IG: 41.9 (11.7) CG: 37.1 (7.8)	IG: 87.1% CG: 69.7%	Germany 100%/ (NS)	IG: Lower secondary school 19.4% Secondary school 35.5% Highschool 45.2% CG: Lower secondary school 21.2% Secondary school 57.6% Highschool 21.2%	IG: Full time 41.9% Half time 19.4% Unemployed 38.7% CG: Full time 45.5% Half time 21.2% Unemployed 33.3%	IG: RRMS 38.7% SPMS 6.5% PPMS 3.2% Unclear 45.2% CG: RRMS 69.7% PPMS 3% Unclear 27.3%	IG: 1 (1.1) CG: 1.6 (1.5)
Giordano et al. [11]	102	35.2 (9.7)	67.6%	Italy 100%/ (NS)	Primary 28.4% Secondary 54.9% College/University 16.7%	Full or part time 73.5% Homemaker 11.8% Student 10.8% Retired 0.0% Unemployed 3.9%	RRMS 91.2% PPMS or SPMS 8.8%	-
Giordano et al. [28]	986	38.6	77%	Germany 19%/ (NS) Italy 9%/ (NS) Serbia 11%/ (NS) Spain 28%/ (NS) Netherlands 14%/ (NS) Turkey 20%/ (NS)	Graduate: Germany 49% Italy 44% Serbia 57% Spain 53% Netherlands 42% Turkey 50%	-	RRMS 100%	7.8 (NS)

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Heesen et al. [15]	169	44 (11)	62.7%	Germany 100%/ (NS)	> 12 years 40.8%	-	RRMS 44% PPMS 44% Disease course <1 year 12%	7.7 (6.9)
Heesen et al. [16]	34 (Pilot)	39.6 (Range 27–48)	76%	Germany 100%/ (NS)	≥ Secondary school 94% Primary school 6%	-	Early RRMS*12% RRMS 59% SPMS 27% Unclear 2%	5.1 (NS)
	192 [§] (93;99) (RCT)	36.6 (Range 18-70)	74%	Germany 100%/ (NS)	University degree 23% Secondary school 52% Primary school 25%		Early RRMS 83% Unclear 16%	1.3 (NS)
Heesen et al. [10]	708	39.8 (10.2)	26.3%	Germany 100%/ (NS)	≥ 12 years 52% 10–11 years 35% ≤ 9 years 13%	-	RRMS 68% SPMS 11% PPMS 6% Unclear 7%	7.1 (6.7)
Heesen et al. [38]	99	38.1 (9.2)	53.5%	Germany 100%/ (NS)	-	-	RRMS 100%	7.7 (5.8)
Hofmann et al. [39]	575	50.3 (9.8)	64.5%	Germany 100%/ (NS)	-	-	RRMS 8.5% SPMS 44.9% PPMS 13.2% Other 0.7% Unclear 32.7%	14.3 (median) 1.5-39 (range)
Jarmolowicz et al. [29]	244	49 (12)	79.4%	USA 100%/ White 86%	College graduate 65.4%	Full time 32.9%	RRMS 74.7% PPMS 17% PRMS 1.2%	-

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Köpke et al. [34]	192 (93; 99)	IG: 36.5 (10.3)	IG: 74%	Germany 100%/ (NS)	IG: University degree 27% >12 years 57%	IG: Full time 48% At least half time 60%	IG: RRMS 73% Unclear 15%	IG: 1.4 (0.9)
		CG: 36.7 (10.3).	CG: 75%		CG: University degree 20% >12 years 47%	CG: Full time 40% At least half time 67%	CG: RRMS 65% Unclear 18%	CG: 1.2 (0.8)
Köpke et al. [35]	156 (75; 81)	IG: 42.2 (8.9)	IG: 82.7%	Germany 100%/ (NS)	IG: >12 years 43.2%	IG: At least half time employment 70.4%	IG: RRMS 66.2% SPMS 9.5% PPMS 4% Unclear 17.6%	IG: 7 (7)
		CG: 42.5 (10.3).	CG: 67.9%		CG: >12 years 40%	CG: At least half time employment 63%	CG: RRMS 70% SPMS 8.8% PPMS 12.5% Unclear 5%	CG: 9 (8.7)
Prunty et al. [32]	139 (78; 61)	IG: 32 (3.8)	100%	Australia 100%/ (NS)	-	-	IG: RRMS 75% SPMS 2% PPMS 1% Unknown 6%	-
		CG: 31.1 (5.6)					CG: RRMS 63% Unknown 5%	

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Rahn et al. [36]	73 (38; 35)	IG: 38.8 (9) CG: 36.2 (11)	IG: 68% CG: 80%	Germany 100%/ (NS)	IG: Higher education 51.1% CG: Higher education 69%	IG: At least part time employment 74.3% CG: At least part time employment 88.9%	RRMS 100%	IG: 41.4 (56.5) months CG: 56.5 (79.5) months
Skinner et al. [33]	81	44.8	66.1%	Canada 100%/ (NS)	High school graduate 22.6% Attended high school 4.8% Attended post-secondary education 11.3% University graduate 46.8% Post-graduate degree 12.9%	Employed 67.7% Unemployed 6.5% On disability 12.9% Other 12.9%	RRMS 22.6% PPMS 6.5% SPMS 4.8% Unconfirmed 32.2% 'I don't know' 33.9%	-

Note: IG = Intervention group; CG = Control group. [†]Unless otherwise reported. [‡]Not Specified. [§]Analysed data from Köpke et al.'s [34] study. [¶]< 2 years from diagnosis of RRMS.